



Quesadilla Recipes

Serve these great quesadilla's for breakfast, lunch, dinner, or a healthy snack! Enjoy!

Breakfast Quesadilla

- 2 flour tortillas
- ½ cup egg substitute
- 2 Tablespoons diced green pepper
- 2 Tablespoons diced onion
- ½ cup low-fat shredded cheddar cheese
- Salsa and low-fat sour cream

In a skillet, prepare egg substitute with green peppers and onions. Fold in the cheese until melted. Place one tortilla on the preheated quesadilla maker. Spread egg mixture evenly over tortilla. Place the second tortilla on top. Close the quesadilla maker and cook for 3 to 4 minutes. Slide the tortilla onto a cutting board and slice into wedges. Serve with salsa and 1 tablespoon of low-fat sour cream if desired.

Santa Fe Veggie Quesadilla

- 2 flour tortillas
- ¾ cup low-fat shredded cheddar/Monterey Jack cheese blend
- ½ cup whole kernel corn, drained
- ½ cup diced red bell pepper
- ½ cup black beans, drained
- 1 chopped green onion
- Salsa and low-fat sour cream

Place a tortilla on the preheated quesadilla maker. Beginning at the center of the tortilla, evenly spread the cheese blend over the tortilla stopping ½ inch from the edge. Top the cheese with corn, red bell pepper, black beans and green onion. Place the other tortilla on top and close the lid. Cook for 3 to 4 minutes or until the cheese is completely melted and the vegetables and beans are warm. Slide the tortilla onto a cutting board. Slice into wedges and serve warm with salsa and 1 tablespoon low-fat sour cream if desired.

Ham and Cheese Quesadilla with Pineapple Salsa

- 2 flour tortillas
- ½ cup low-fat Swiss cheese
- ½ cup diced low-fat cooked ham
- ½ cup diced red bell pepper
- Pineapple salsa

Place a tortilla on the preheated quesadilla maker. Beginning at the center of the tortilla, evenly spread the cheese blend over the tortilla stopping ½ inch from the edge. Top with diced ham and red pepper. Cover with the second tortilla. Close lid and cook for 3 to 4 minutes or until cheese is melted and ham is warmed. Slide the tortilla onto a cutting board and slice into wedges. Serve with pineapple salsa.

